

# GOVERNMENT MOHINDRA COLLEGE, Buddy Program 2020-2021

- **BUDDY PROGRAM LEADER - DR. SIMRAT KAUR**
- **NODAL OFFICER : Dr GURPREET KAUR SANDHU**
- **MASTER TRAINERS: DR. SHILPA MODI**
- **SENIOR BUDDIES: ASSISTANT PROF. AMANDEEP KAUR**
- **DAPO : ASSISTANT PROF. RITTUPARAN KAUSHAL**
- **BUDDY GROUPS- 1615 (GOVT. MOHINDRA COLLEGE )**
- **SENIOR BUDDIES- 164 (Faculty members )**
- **TOTAL STUDENTS - 8035**
- **Buddy groups in college : 1607**
- **Senior buddies/professors :164**
- **Each senior buddy : 9.7 buddy groups appx**



# Buddy program 2020-2021 Govt. Of Punjab's De-addiction and Drug prevention Program Govt. Mohindra College, Patiala





## Govt . Mohindra College (Virtual Buddy Program Activities 2020-2021 )

### **The Blended Mode Buddy Program Calendar from 1st July , 2020 to 30<sup>th</sup> June, 2021 as follows:** (zoom , Google meet , Microsoft teams, Webex

- **Online workshop on Drug refusal skill training (Dr Shilpa Modi Master Trainer )**
- **Webinars on economic cost of drug abuse by Dr Megha Thakur : Department of Commerce**
- **Webinar on drug abuse prevention by Prof Anupam Mishra : Department of Management**
- **Webinar on Peer support and Drug prevention ( Prof Amandeep Singh Community Psychologists IIT Ropar )**
- **Webinar on role of life skill training and drug prevention by Dr Gurpreet Kaur Sandhu , 24<sup>th</sup> June , 2021**
- **Creative potpourri of posters , perspectives on International Day against Drug Abuse , 26<sup>th</sup> June, 2021 : Prof Loveleen Parmar (Department of English )**
- **Participation by The NCC Cadets on the international Day against Drug Abuse and Illicit Trafficking on 26<sup>th</sup> June , 2021 in the Virtual Presentations on the Digital Media**
- **Drug abuse counselling : Dr Shilpa Modi , Dr Gurpreet Kaur Sandhu & Assistant Prof Amandeep Kaur (Department of Psychology )**
- **Webinar on Drug Refusal Skills on 27<sup>th</sup> Nov, 2020 by Dr Shilpa Modi**

Online activities from 21<sup>st</sup> June -27<sup>th</sup> June , 2021  
International Day against Drug Abuse , 26<sup>th</sup> June , 2021 UN Theme “share facts , save lives ”

- Webinars on life skills training in Drug Prevention.
- Online posters, slogans , pictorial illustrations on Themes “Say no to drugs , Peer Support and Drug Prevention and Share facts , Save Lives ” (Digital media )
- Creative potpourri of poems, poster and perspectives
- Launch of Buddy Program on Instagram





On International day against Drug Abuse  
and illicit trafficking , 26<sup>th</sup> June 2021  
Govt.Mohindra College, Patiala  
organized  
webinars and virtual presentations  
of pictorial illustrations  
and messages against Drug Addiction

**“Our buddy Program is committed  
to strengthen and empower buddy  
groups and senior buddies with  
drug prevention knowledge and  
psychosocial skills to achieve the  
goals of Drug free Punjab ”**

**Principal: Dr Simrat Kaur**

Buddy program  
Nodal Officer  
Dr Gurpreet Kaur Sandhu



# Webinar on Drug abuse prevention : Department of Management

**YOU DO NOT NEED HEROIN TO BE A HERO**  
**#STOPDRUGABUSE**  
*I CAN, WE CAN.*

Speaker: **Ans. Prof. Anupam Mishra**  
Senior Buddy (Under Buddy Program)  
Department of Management  
Govt. Mohindra College, Patiala.

Organized by  
Department of Management, Govt. Mohindra College, Patiala

**BuddyProgram**  
**Professor**  
**AnupamMishra**

**Signs and Symptoms of Drug Addiction**

- **Tolerance:** You need to use more of the drug in order to get the same effect
- **Withdrawal:** Take drugs in order to avoid or relieve drug problems.
- **Loss of Control:** You want stop but the urge to quit is powerless.
- **Life Revolves Around Drug:** Time is spent thinking about drugs, how to obtain drugs and recover from the effects of drugs.
- **Continual Use of Drugs despite Effects:** Infections, mood swings, blackouts, etc.

Participants: Guri, Shivam ..., Gurpreet, Aarti

Someone wants to join this call  
#Buddy 6728

**Alcohol and Drug Abuse: Prevention and Control**

In the Indian society, the youth are often pushed beyond their limits to excel in every field. Parents want their kids to surpass their past peer in studies, sports, creativity, and every other activity. Under such pressure, the child often has the tendency to take up alcohol and drugs as a result.

Parental counselling is required to teach the child to deal with failures, pressures, stress, and disappointments. In fact, guiding them towards productive activities such as music, painting, yoga, sports or any of their hobbies could also help.

Children often pick up habits from their closest ones. Thus, the attitude of parents and other siblings towards alcohol, cigarettes, and drugs also affect the child's choices.

When the child is steered out and on the verge of abuse, help must be sought from parents or even trusted individuals who may guide them in the right direction, thereby helping him vent out their anxiety and guilt.

Parents must stay connected with the child, keeping a track of his whereabouts at all times. Spending quality time together will help them stay close and honest with their parents.

It is found that children have fallen prey to alcohol and drug abuse, their friends must immediately bring them to the notice of their parents or teachers, so that the latter could take remedial measures for the issue.

However, despite all the prevention measures, if unfortunately, the child does get into the abuse, seek professional aid. There are a number of rehabilitation centres, de-addiction programs and qualified counsellors who would help to get rid of the problem.

**Dr Gagandeep Kaur**  
**#Buddyprogram2021**

Buddy program 2020-2021 Govt. Mohindra College, Patiala


# Webinar on Role of drugs in devastating the economic setup

**THE ROLE OF DRUGS IN DEVASTATING THE ECONOMIC SETUP**

Presented by:  
Dr. Megha Thakur  
Member of Buddy team  
Department of Commerce  
Government Mohindra college,  
Patiala  
26th June,2021 (3:00 pm)

Zoom Meeting  
Meeting id: 696 875 9514  
Passcode: 2nW5E9

**Our Speaker:  
Dr. Megha Thakur**



**Webinar**  
**Drug refusal Skills**  
**Join on Google meet**  
**meet.google.com/cyz-**  
**fgghi-ryk**  
**Nov 27, 2020**  
**10.30am**



**DRUG REFUSAL SKILLS**  
**TRAINING CAN CREATE**  
**WONDERS:**  
-LEARNING TO SAY "NO"  
-ASSERTIVE TRAINING  
SELF ESTEEM  
-STOP STRATEGY N  
MANY MORE.....

**DR. SHILPA MODI**  
**MASTER TRAINER-BUDDY PROGRAM**  
**DEPARTMENT OF PSYCHOLOGY**  
**GOVERNMENT MOHINDRA COLLEGE, PATIALA**  
**CONTACT- BUDDYPROGRAMGMC@GMAIL.COM**

Dr Gurpreet Kaur Sandhu: Nodal officer Buddy program organised digital presentations to motivate students to Share facts on drugs and save lives (21<sup>st</sup> June -26<sup>th</sup> June ,2021)

International Day against Drug Abuse and Illicit Trafficking 26th June , 2021

# Peer support and Drug prevention "virtual presentation of the students "



Submit Entries by 26th June , 2021

Buddy Program@Govt.MohindraCollege#2021

Pictorial illustrations , Messages , Graphics  
(Image file Formats )

Email at [buddyprogram2018@yahoo.com](mailto:buddyprogram2018@yahoo.com) with Name ,  
Class, Department

**Buddy Team : Department of Psychology Govt.Mohindra College, Patiala**



# Webinar on role of Drug Addiction by Amandeep Singh Community Psychologist IIT –Ropar


EVERYONE HAS A LIMIT.  
KNOW YOURS.


## DRUG ADDICTION OR DRUG DEPENDENCY?

The Role of Peer Support Volunteers in the Prevention of Drug Addiction

**Our speaker**

**Amandeep singh**  
A Suicide Prevention Researcher and community psychologist.  
IIT-Ropar.



**Join us on** 

[https://zoom.us/j/95114807277](https://zoom.us/j/95114807277?pwd=cTZ1UWFvK2RsaDVQRIRUYio2SzdVUT09)  
pwd=cTZ1UWFvK2RsaDVQRIRUYio2SzdVUT09


**Meeting ID:** 951 1480 7277  
**Password:** mohindra

**June 23, 2021**  
**3:00pm**

**Hosted by**  
Department of Psychology, Govt. Mohindra College,  
Patiala


### Drug Addiction or Drug Dependency?

The Role of Peer Support Volunteers in the Prevention of Drug Addiction



What does the Statistics say?

- World Health Organization estimated 350 million people aged 10 to 24 years are suffering from drug addiction disorders (WHO, 2020)
- More than 18 lakh individuals aged 18-25 years died in 2019, over 3000 every day mostly from drug addiction in India (NCB, 2020).
- Punjab is reported as highest in drug abuse 40 per cent of youth age 15-25 years victims of drugs (NCRB, 2020)



Participants in the webinar:

- Amandeep Singh
- Dr. Gurpreet Kaur
- Varshita Kapoor
- Mohit Kumar 215
- Dr. Gurpreet Kaur
- Amandeep Singh
- Dr. Gurpreet Kaur
- Varshita Kapoor

**LET'S DEVELOP**  
OUR LIVES  
OUR COMMUNITIES  
OUR IDENTITIES  
**WITHOUT DRUGS**

  
JUNE 24th, 2021  
10.AM

# Role of Life Skills Training in Drug Prevention

Join us on   
Meeting ID: 8951199816  
Password: GKS

Speaker  
Dr Gurpreet Kaur Sandhu  
Nodal Officer: Buddy Program  
Department of Psychology  
Govt. Mohindra College, Patiala



## Primary Prevention (Risk reduction before abuse)

- Small Group factors
  - peer mentoring, counseling, outreach, modeling
  - conflict resolution
  - curriculum infusion
  - activities demonstrating misperception of peer norms
  - alternatives to drug use: recreational, cultural, athletic, strengthening families

### Life Skills Prevention

- ✓ Critical thinking
- ✓ Decision-making
- ✓ Creative thinking
- ✓ Effective communication
- ✓ Relationship skills
- ✓ Self-awareness
- ✓ Empathy
- ✓ Coping with emotions
- ✓ Normative beliefs



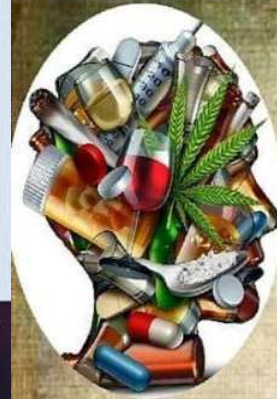
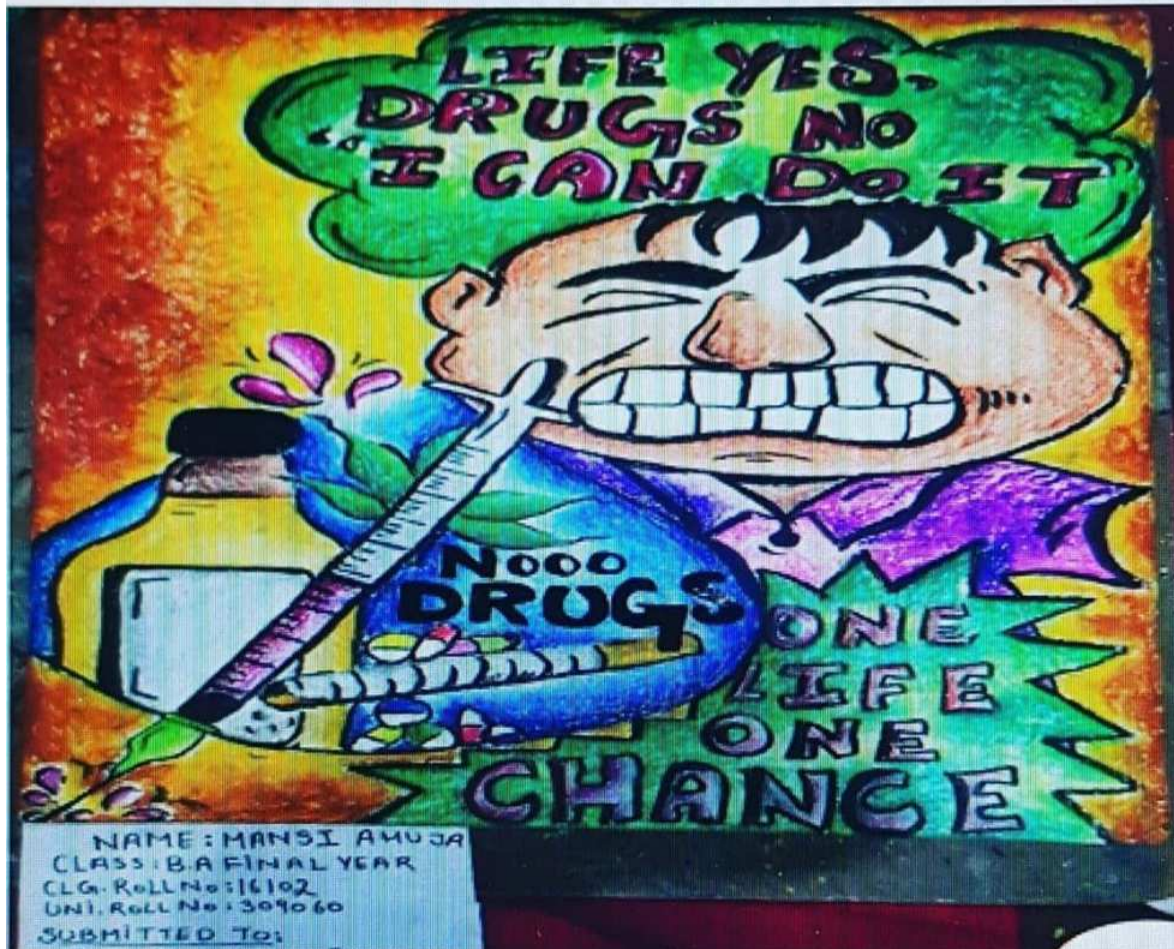
| Reinforce existing  | Prevent or reduce  |
|---|--|
| Knowledge<br>Positive attitudes and values<br>Pro-social and healthy skills and behaviour | Myths and misinformation<br>Negative attitudes<br>Risky behaviours |

\*Source (UNICEF. Life Skills-Based Education Drug Use Prevention Training Manual)

## Drug Prevention Programs

- ◆ Life Skills Training (Botvin, et al., 1990)
- ◆ Project STAR (Pentz, et al., 1989)
- ◆ Strengthening Families Program (Kumpfer, et al., 1994)
- ◆ Reconnecting Youth Program (Eggert, et al., 1994)

MOTIVATIONAL  
POSTER PRESENTATION  
MANSI AHUJA BA III  
#BUDDYPROGRAM 2021



**LIFE  
CAN  
TAKE  
YOU  
HIGHER  
THAN  
DRUGS**

#InternationalDayAgainst  
DrugAbuseand  
IllicitTrafficking

#BUDDYPROGRAM



**ALISHA  
NAVAL-WING-NCC**





©©©©  
Samsung Quad Camera  
Govt. Mohindra College Patiala

**CREATIVE POTPOURRI**  
**POEMS, POSTERS, PERSPECTIVES**  
**THEME OF THE**  
**INTERNATIONAL DAY AGAINST DRUG**  
**ABUSE AND ILLICIT TRAFFICKING**  
**, 26TH JUNE 2021**

**"SHARE FACTS ON DRUGS , SAVE LIVES "**

DEPARTMENT OF ENGLISH  
GOVT.MOHINDRA COLLEGE, PATIALA

**#buddyprogram2021**

**Senior Buddy**

**Prof. Loveleen Parmar**





# Instagram account

## Buddy Program

Govt. Mohindra College Patiala  
@buddyprogramgmc



Change profile photo

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Name  
Govt. Mohindra College , Patiala

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Username  
buddyprogramgmc

---

Website  
<http://www.govtmohindracollege.in/>

---

Bio  
Government De-addiction and Drug Preve

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Switch to Professional account

Personal information settings



Buddy program 2020-2021 Govt.Mohindra College, Patiala



# Instagram account

Buddy Program

Govt. Mohindra College Patiala

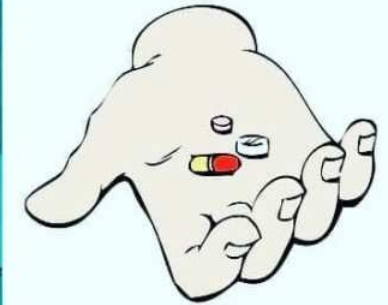
@buddyprogramgmc



buddyprogramgmc



## Peer Support & Drug Prevention



**Peer support can be defined as the process of giving and receiving nonprofessional, nonclinical assistance from individuals with similar conditions or circumstances to achieve long-term recovery from psychiatric, alcohol, and/or other drug-related problems.**



buddyprogramgmc



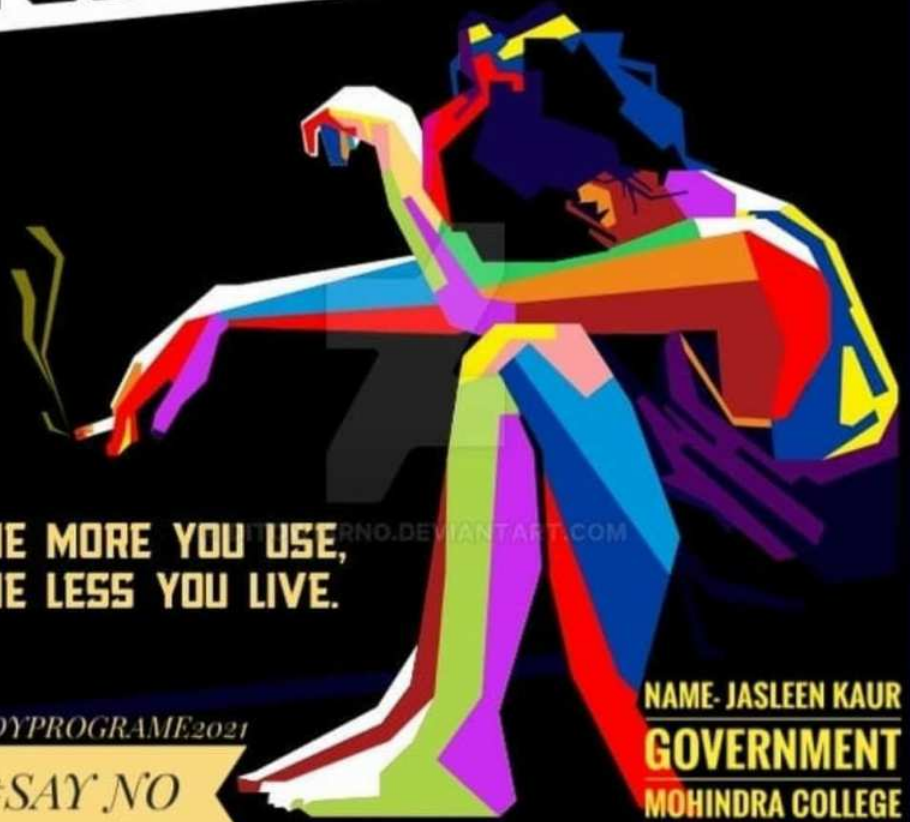
**BECOME A  
PRIORITY IN  
YOUR LIFE STOP  
DRUGS AND LIVE  
A HEALTHY  
LIFE**

By - Varleen kaur  
BAIII psychology (honrs)  
Government Mohindra college,  
patiala

Name-Gursimran Kaur  
Class-B.A 3rd Year  
Department-Psychology Department  
(Government Mohindra College)



# DRUGS : YOU USE, YOU LOSE!



THE MORE YOU USE,  
THE LESS YOU LIVE.

#BUDDYPROGRAM2021

#SAY NO

## TO DRUGS

NAME- JASLEEN KAUR  
GOVERNMENT  
MOHINDRA COLLEGE  
NCC-NAVAL-WING  
LAW DEPARTMENT



## NO-DRUG ABUSE

### 2021

### #ਬਡੀ\_ਪ੍ਰੋਗਰਾਮ



ਮੈਂ ਨਸ਼ਾ ਬੋਲਦਾ ।

ਮੇਰਾ ਰੋਗ ਨਾ ਲਾ ਲੱਤਾ ਤੋਂ ਤੁਰਿਆ ਨਹੀ ਜਾਣਾ ਰੋੜੀਆ ਚ ਆਵੇਗਾ।

ਨਾ ਛੋੜ! ਬੰਦਿਆ ਮੈਨੂੰ ਨਾ ਛੋੜ !

ਨਹੀ ਤਾਂ ਤੂੰ ਵੀ ਨਸ਼ੇੜੀਆਂ ਚ ਆਵੇਗਾ।

ਜੇ ਮੇਰੀ ਤੋੜ ਲੱਗ ਗਈ ਮੈ ਦਰਦ ਸਹਿਣ ਨਹੀ ਦੇਣਾ ।

ਭਾਵੇਂ ਸੇ ਕਿੱਲਾਂ ਭਾਵੇਂ ਇਕ ਕਿੱਲਾਂ ਮੈਂ ਕੁੱਛ ਰਹਿਣ ਨਹੀ ਦੇਣਾ।

ਛੱਡ ਦੇ! ਬੰਦਿਆ ਛੱਡ ਦੇ!

ਮੈਂ ਤੈਨੂੰ ਇਹ ਹੀ ਆਵਾਜ਼ ਕਰੂੰ ਜੇ ਨਾ ਸਮਝੇ ਤਾਂ ਦੁਨੀਆ ਤੇ ਮੈਂ ਕੱਲਾ ਰਾਜ ਕਰੂੰ।

ਮੈਂ ਨਸ਼ਾ ਬੋਲਦਾ ਆਪਣੇ ਭੇਤ ਖੋਲ ਦਾ।।



# Certificate of Appreciation awarded to Abhishek Singh for musical composition on the adverse effects of opium addiction on the Youth of Punjab and role of Buddy program in Prevention by Dr Simrat Kaur : Principal Govt. Mohindra College , Patiala

ਪੰਜਾਬ ਦੀ ਅਜੋਕੀ  
ਸਥਿਤੀ ਨੂੰ ਬਿਆਨ ਕਰਦਾ  
'ਗੀਤ'  
**Buddy Program 2021**  
Song lyrics & Composition  
by Abhishek Singh (Abhi Kapial)  
BA 1<sup>st</sup> , SEM II , Roll No.11002  
Govt.Mohindra College , Patiala  
Sung by Jagsir Singh



# Dr Simrat Kaur Awarded Certificate of Appreciation to Assistant Professor Amandeep Kaur for Drug Abuse Counselling (2019-2021) and Assistant professor Loveleen Parmaar for organising Creative Potpourri on Drug prevention (2021)



Certificates of appreciation awarded to Assistant professor Anupam Mishra , Assistant professor Megha Thakur & Assistant Professor Amandeep Kaur for commendable contribution in Buddy program by Dr Simrat Kaur : Principal Govt. Mohindra college , Patiala .



Buddy program 2020-2021 Govt.Mohindra College, Patiala

Buddy program  
Govt . Mohindra College , Patiala  
Dr Gurpreet K Sandhu –Nodal Officer & Master Trainer (Department Of  
Psychology )  
Dr Shilpa Modi-Master trainer (Department of Psychology )  
Prof. Rittuparan Kaushal (Department of Sociology )  
Prof Amandeep Kaur (Department of Psychology )



Govt . Of Punjab (2018-2021)  
De-addiction and Drug prevention Program : Punjab Government .



Govt. Mohindra College, Patiala

Certificate of Appreciation

This is proudly presented to

Dr. Gurpreet Kaur Sandhu

for exemplary service rendered as the  
Nodal Officer

of Drug De-addiction and Prevention Program

Of Punjab Government

at Govt. Mohindra College, Patiala

from 15th August 2018 to 31st December 2021

*Simrat Kaur*

**DR SIMRAT KAUR**

Principal

Principal  
Govt. Mohindra College  
PATIALA

